

CONNECTING CHURCH, SUNDAY SCHOOL, & HOME

ATTENDING SERVICES

During this upcoming year, make a family goal to attend more services than you did the previous year. It will be easier for your children to make connections and learn about the Divine Liturgy when they have a frame of context, via experience, for the lessons being taught to them in Sunday School.

FAMILY DISCUSSIONS

We encourage you to ask your children about what they learned in class each Sunday during dinner. When we recall information, it encourages our brain to retain it in our long term memory because we've shown we will use this information again. Additionally, by having family discussions about the lessons, not only do we - as parents - learn more about the Divine Liturgy, but we are also encouraging our children to learn more about it as well.

LIVING OUR ORTHODOX FAITH

Towards the end of the school year, we will be discussing how we use our five senses during the Divine Liturgy. We also use them as we live our faith in our daily life - praying before meals, fasting, helping those in need around us, reading the Bible to ourselves or to each other, lighting incense during family prayer time, letting our children hold a candle while we pray before bed, reading books about the lives of the saints, baking prosphora to bring to church, planting basil in our garden to bring for the feast of the Elevation of the Holy Cross, and many other ways! We encourage you to incorporate as many of these as possible with your family in the upcoming year.

